

OCTOBER 2026

Beatrice Mayes Institute

Monday
Tuesday
Wednesday
Thursday
Friday


Pop Tart
Graham Crackers
Sliced Apples
Milk

5

Muffin Top
String Cheese
Graham Crackers
Sliced Peaches
Milk

6


Turkey Sausage
Cheese Wrap
Graham Crackers
Sliced Pears
Milk

7


Mini Bagel w/
Strawberry Cream Cheese
Graham Crackers
Sliced Pears
Milk

1

Breakfast Pizza
Graham Crackers
Mixed Fruit
Milk

8

Yogurt
Granola
Mixed Fruit
Milk

2

Kolache
Graham Crackers
Sliced Apples
Milk

9

Cinni Mini
Graham Crackers
Sliced Pears
Milk

12

Maple Chicken Pancake
String Cheese
Mixed Fruit
Milk

13

Cowboy Bread
Graham Crackers
Sliced Peaches
Milk

14

Yogurt
Granola
Sliced Apples
Milk

15

**Mental
Health
Day**

16

Pop Tart
Graham Crackers
Sliced Peaches
Milk

19

Kolache
Graham Crackers
Mixed Fruit
Milk

20

Muffin Top
String Cheese
Sliced Pears
Milk

21

Maple Chicken Pancake
Graham Crackers
Sliced Apples
Milk

22

Mini Bagel w/
Strawberry Cream Cheese
Graham Crackers
Sliced Peaches
Milk

23

Cinni Mini
Graham Crackers
Sliced Pears
Milk

26

Turkey Sausage
Cheese Wrap
Graham Crackers
Sliced Apples
Milk

27

Yogurt
Granola
Mixed Fruit
Milk

28

Cowboy Bread
Graham Crackers
Sliced Peaches
Milk

29

**Professional
Development
Day**

30



OCTOBER 2026

Beatrice Mayes Institute

Monday

Tuesday

Wednesday

Thursday

Friday

Diced Chicken Nachos **5**
Black Bean
Corn
Sliced Apples
Milk

Classic Salisbury w/Gravy **6**
Roll
Mashed Potatoes
Broccoli
Sliced Peaches
Milk

Texas Chili Dogs **7**
Baked Beans
Seasoned Fries
Sliced Pears
Milk

Chili con Carne **1**
Rice
Mustard Greens
Sliced Pears
Milk

All American Hamburger **2**
Seasoned Fries
Broccoli
Mixed Fruit
Milk

Classic Pepperoni Pizza **9**
Pinto Bean
Steamed Carrots
Sliced Apples
Milk

Crispy Golden **12**
Mini Corn Dog
Sweet Potato Fries
Broccoli
Sliced Pears
Milk

Chicken Noodle Soup **13**
Petite Carrots
Corn
Mixed Fruit
Milk

Yummy Beef & Cheese **14**
Tacos
Black Beans
Celery Sticks
Sliced Peaches
Milk

Homestyle Meatloaf w/Gravy **15**
Roll
Mashed Potatoes
Green Beans
Sliced Apples
Milk

Mental **16**
Health
Day

Classic Pepperoni Pizza **19**
Pinto Bean
Steamed Carrots
Sliced Peaches
Milk

Braised Meatball **20**
w/Gravy
Mashed Potatoes
Mustard Greens
Mixed Fruit
Milk

Golden Chicken Tenders **21**
Mac & Cheese
Broccoli
Sliced Pears
Milk

Italian Spaghetti w/ **22**
Meat Sauce
Green Beans
Mixed Vegetables
Sliced Apples
Milk

Golden Chicken Sandwich **23**
Sweet Potato Fries
Corn
Sliced Peaches
Milk

Cheesy Double Beef and **26**
Cheese Burrito
Black Beans
Glazed Carrots
Sliced Pears

Asian Chicken Stir-Fry **27**
Green Beans
Sweet Peas
Sliced Apples
Milk

Monterey Beef Tacos **28**
Black Beans
Corn
Mixed Fruit
Milk

Chicken Gumbo **29**
Rice
Petite Carrots
Sliced Peaches
Milk

Professional **30**
Development
Day